

# Inside Reliv Recipes



## Noah's Favorite Smoothie

### ingredients:

- 1 cup of orange juice
- 1 cup of yogurt (vanilla or plain - we use Nancy's organic)
- 1 banana
- 1 - 2 scoops of vanilla Reliv Now® for Kids
- 1 scoop of orange Innergize!®
- 1/3 cup of frozen mangos (about 5 chunks)
- 1/3 cup of frozen peaches (about 5 pieces)

### directions:

Mix up in blender and serve.

*This makes a lot! Enough for younger brother, Orion, too.*

submitted by: Jan Cain (or "Nana" to these two) from Dundee, Oregon



## Weekday Shake

### ingredients:

- 1 frozen banana
- 1 cup low-fat milk or soymilk
- Reliv products of your choice
- 1 packet sweet leaf stevia

### directions:

Blend in blender until smooth.

*We have this as our breakfast on weekdays — it's great!*

submitted by: Dan and Lisa Weisbrod of Sunman, Indiana

